



Dear Family

Although fewer young people smoke in the UK compared to 10 years ago, rates are still too high. It's important that we try to prevent our children from taking up the habit of smoking. Not smoking will mean they will live longer and have better health. It will also mean that they are less likely to become addicted to other things like alcohol and drugs.

We have been studying about smoking. Today we discussed the effects of smoking as well as reasons why people choose or choose not to smoke. Students also discussed alternatives to smoking cigarettes. Hopefully this will help your child make an informed decision about smoking in the future.

There are things that families can do now to help prevent children from starting to smoke in the future. Organisations like the British Lung Foundation (www.blf.org.uk), Cancer Research UK (www.cancerresearchuk.org) and the British Heart Foundation (www.bhf.org.uk) have child-friendly websites and sometimes send out free materials such as pamphlets, stickers and key chains. If you've family members who smoke it might be helpful to have your child talk to them about how and when they started smoking, and whether they wish they'd never started.

We know that children whose carers smoke are more likely to smoke themselves. It can be a hard habit to break, but there is help available. If you smoke, you might find it helpful to talk to your GP or check out some of the information online at www.nhs.uk.

If you would like some more information or have any comments please drop me a line by the school office and I'll give you a call.

Best wishes,